

CREATIVE RELAXATION EXERCISE

THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT IN ONE DAY

KEY CONCEPT: Relax and ... let your body ... and your
mind ...

ABSORB ... the new language just as you did ... so well ...

with

your first natural language,... all those years ago ...

MESI!"

NO. 300B - CREOLE (HAITI)

Version 3 - with a few errors - April 2006

Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Asimil, Lonely Planet phrase books and Crosslines - Afghanistan Essential Field Guides to Humanitarian and Conflict Zones - on the web.

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DEDICATION

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001.

He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values.

He suggested ... that 30 minutes of a new language ... should be enough to start to make one-self understood ... and then ... the best way ... to progress ... was to speak ... confidently ... more and more ... with natural speakers of the language ...

So on we go ... for one whole day ... with a partner or small group ... speaking and speaking ... and moving ... face, hands and body language to reinforce your communication ... and ending with ... almost instinctive ... easy inter-active conversation ... in the natural language ... and if you are lucky enough to find ... ANY natural speaker for the day ... to be a partner ... or just part of the small group ... that would be just great ... so start chatting now ...!!

Thank you.	Mesi
Hallo	Bonjou/bonswa
Yes/no	Wi/non
Please	Silvouple/souple
Excuse me	Eskize m
Everything is OK!	Tout bagay bon!
Good morning	Bonjou
My name is ...	M rele ...
What is your name?	Ki jan ou rele?
How are you?	Ki jan ou ye?
Fine thanks	M ap boule, mesi

Good-bye.

Where do you come from?

Orevwa/babay

Ki kote ou rete?

INSTANT RELAXATION TECHNIQUE - TWO MINUTES

1. This is a simple TWO MINUTE IRT exercise, to give you confidence to learn naturally. When you don't believe you can learn ... you won't learn! ... When you are tense, anxious and stressed ... you won't learn! When you have no confidence ... you won't learn. But with relaxation, your mind and body become clear, confident and ready to learn. So do the IRT exercise now ... and again before every CRE session. It takes only two minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in "right" (major) hand.

2. PRACTICE this TWO MINUTE IRT about SIX times a day for a WEEK so that you LEARN to USE it RAPIDLY WITHOUT EFFORT whenever you may need it. Remember ... YOU are in CONTROL the whole time!

3, SO - get into that comfortable position, in which you know ... you REALLY can relax. Hold the marble in your RIGHT hand, and be aware that the marble gets warm as it ABSORBS heat from contact with your hand. Open your hand and allow the heat to EVAPORATE. Close the hand again, and recognize the marble ... as a physical external SYMBOL ... of the internal function of CONTROL of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and STRESS ... leaving you FREE, relaxed, confident and ready to learn to speak and understand the new natural language without effort

4. NOW, RELAX with the hands on the lap, holding the MARBLE in the right hand. THEN FIX the EYES HIGH UP towards your EYEBROWS. THEN BREATHE very deeply and let the EYES GENTLY CLOSE. THEN RELAX the whole body, BREATHING DEEPLY ... and FLOAT ... DOWNWARDS to the chair ...

THEN ... IMAGINE your LEFT HAND feeling so LIGHT ... that it gently rises UP to your FOREHEAD ... let it go ... AND feel ... RELAXED and at PEACE with mind and body ... and THEN repeat aloud to YOURSELF ... the following THREE times, feeling free to change the wording a little, to fit your style:

"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... AND HELP OTHERS TO LEARN ... TO SPEAK AND ENJOY ... THE NEW NATURAL LANGUAGE ... WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... EASILY ... WITHOUT EFFORT"

4. THEN take three slow deep breaths ... and be sure to pause. on each inhalation ... and imagine ... each EXHALATION ... as TRANSFERRING all

the anxiety and stress ... from your mind and body ... through to the MARBLE in your RIGHT hand.

5. After the third breath, RELAX completely for ONE minute ... thinking ONLY of BREATHING and LEARNING so easily ... the new language ... deeply ...

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident and ready to learn. The marble is now your very personal symbol ... of your confidence to learn and speak the natural language with a beautiful accent.

Note:

This CRE two minute "Instant Relaxation Technique"

can be used anywhere (eyes open or closed) to achieve a calm mind and body ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem you have to face ...you are in control.

Keep the marble always to hand, as a symbol ... of your confidence ... to expect success ... in the new natural language ... as you begin to speak instinctively without any effort or stress ...

1. SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Creole WORD many times slowly and then at HIGH speed)

Hello	BON-JOO	Bonjou
Mr.	MSS-YER	Mi-siye
Mrs.	MAA-DAM	Madanm
Yes	WEE	Wi
No	NO	Non
Good	BOHN	Bon
Please	SOO-PLAY	Souple
Do you have?	ESSKER OO JEN	Eske ou gen?
Thank you	MER-SEE	Mesi
Goodbye	OH-REVOI	O revoi
See you soon!!!	WAY WHO BEE-YENTOH	Ma wè-ou byento
Who?	KEY MOON	Ki moun?
What?	KEE SAR	Ki sa?
I want	MM VE-LAY	M vle
Where?	KEE KOAT-AY	Ki kote?
OK!	OH-KAY!	Oke!

Note: For simplicity ... the program is typed without accents!

NATURAL SUGGESTIONS

Make it FUN!!! Plan to do the whole CRE in one 6 hour CRE day, with a partner or a small group.

A natural speaker (if available) would be most welcome as a partner or group member.

On the day before, as pre-learning (alone), play the 30 minute tape, just before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything.

After the one full day of CRE, plan revision during your NORMAL ROUTINE in the following week, for just an hour a day.

Feel free to do it in any way ... that YOU know ... will suit YOU best ... and will allow you ... both to speak AND to understand ... what is spoken to you ... so relax completely ...

ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30-minute audio tape ... of new natural language ...

Let it become part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ...

Make it FUN!!! One possible schedule for the 6 hour CRE day (with a partner ... and with breaks ... and with a little wine ... as needed), could be something like this:

1 - Do IRT. Do the Throat exercise - 16 key words

Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel) ... make it fun! Review the Glossary (2 pages).

Make a tape recording of you speaking Creole for text sections 2-15 at high speed - to record how you began the course... just for fun ... but keep it handy ...

2 - Repeat the text (Sections 2-4) to understand every word!

Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE AND SING OR SHOUT ANY VERY DIFFICULT SENTENCES.

Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).

Review the Grammar (1 page) and the Glossary.

3 - Repeat the text (Sections 5-10) to understand every word!

Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.

Repeat the Throat exercise.

Begin to create simple conversation with the Mini-phrase book (Hello etc.).

4 - Repeat the text (Sections 11-16) to understand every word!

Play the tape with the text, SPEAKING SOFTLY with a good accent.

Do SPEED READING (Sections 2-16) and Mini-phrase Book.

5.- Play the tape WITHOUT the text, speaking with three different voices

- just for fun! Create conversation with the Mini-phrase book.

Do SPEED READING (2-16). Then listen to your first recording (above)!

6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.

Do the quiz (1 page). Create conversation with mini phrasebook.

Do SPEED READING (2-16) and Mini-phrase book 14 minutes.

Do APS and plan for review next week, helping partners as needed.

NATURAL SUGGESTIONS (continued)

Generally:

1. REINFORCE the learning in the CAR/TRUCK at any time ... make it an amusing THEATRE of one ... YOU!!! ... by playing and acting out ... ONLY Sections 2 - 16. DO NOT play the relaxation sections in the car ... skip them please! Play the Learning Reinforcement side of the tape as needed for encouragement, be sure to blame your strategy, and not yourself!!
2. RECOGNIZE that a TERRIBLE accent is PAINFUL ... for the hearer and so strive always for a beautiful accent in EVERY WORD.
3. Be POSITIVE and NEVER apologise for your language ... you are making the effort to learn the LANGUAGE ... and the HUMAN VALUES ... and thus the CULTURE ... of the people you speak with ... and THEY will appreciate MORE than you can EVEN imagine!! If they reply to you in ENGLISH ... then YOU just CONTINUE to speak in the NATURAL new language ... and they will too ...
4. LISTEN very carefully to what PEOPLE say to YOU ... and BEFORE replying ... REPEAT in YOUR MIND ... EXACTLY what they said ... this gives you excellent PRACTICE in recognising good STRUCTURE.
5. HESITATE before you SPEAK ... and then speak FREELY and CONFIDENTLY ... without long pauses and ... WITHOUT ... "Urrs and Umms" which are so ANNOYING and BORING for the listener
6. When you do not know a necessary word ... do NOT hesitate ... simply USE the ENGLISH word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the LEARNING REINFORCEMENT as needed but not in the car!
7. Use SIMPLE SHORT sentences and be CONFIDENT as you begin to talk to people ... expect SUCCESS ... and you will NOT be disappointed ... and try just one MORE new thing ... just for fun in this one week ... drink one litre of WATER EVERY DAY ... it rinses mind and body and has a REMARKAPABLE preventive/curative therapeutic effect ... to support new learning ... on we go together.

2. HERE AND THERE:

(Challenge - express yourself with "active body language" with face, arms and whole body moving the **WHOLE TIME**, to express yourself ... first slowly, then whispering, then angry, then **SHOUTING**, and finally - with a soft gentle beautiful accent - making it so much fun ... that you can't help laughing at yourself ... as you learn to speak "instinctively" ... as you did all those years ago ... with your natural language as a child ... OK? ... on we go together ...)

Mwen isit.

I am here.

Ou la.

You are there.

Eske ou la?

Are you there?

Eske ou isit?

Are you here?

Non, ou pa isit.

No, you are not here.

Se isit.

It is here.

Ki kote li ye?

Where is it?

Li isit.

It is here.

Eske li la?

Is it here?

Mwen pa konn-en.

I do not know.

Ki kote Miguel ye?

Where is Miguel?

Li pa isit.

He is not here.

Ki kote li ye?

Where is he?

Mwen pa konn-en.

I do not know.

Fout! Li la!

Darn! He is there!

Li formidab!

He is wonderful!

3. LIKING:

Mwen eme ou.

Eskr ou eme m?

Wi, mwen eme ou.

I like you.

Do you like me?

Yes, I like you.

Eske ou eme lajan?

Wi, mwen emet lajan.

Do you like money?

Yes, I like money.

Mwen eme dlo.

Ou eme dlo.

Mwen eme un pe liv.

I like water.

You like water.

I like some books.

Li eme machin.

Li pa eme machin.

He likes the car.

She does not like the car.

Eske ou eme manges la?

Non, mwen pa eme mange.

Do you like the dinner ?

No, I do not like the dinner.

Oh. Lan-med!

Souple, pa di Lan-med!

Oh. Mate!

Please, do no say Mate.

4. DOING:

Mwen fe.

Mwen fe sa.

Ou fe.

Ou nfe sa.

I do

I do this.

You do.

You do that

Nou fe sa.

We do that

E nou konten.
Li fasil?
Wi. Li pa difcil.

And we are happy.
Is it easy?
Yes, it is not difficult.

Eske ou fe sa
Fe sa-a, souple!!!
Zut!!!
Li formidab.

Do you do that?
Do that please!!!
Darn-it!!!
It is wonderful!

5. CAN/ABLE TO DO:

Mwen kapab
Eske mwen kapab?
Wi, mwen kapab.

I can
Can I?
Yes, I can.

Eske ou kapab fe sa?
Wi, mwen kapab fe sa-a.

Can you do this?
Yes, I can do that.

Mwen kapab maje kichoyl
n kapab bwe kichoy.
Mwen kapab ale.
Mwen kapab vini.

I can eat a little.
I can drink a little.
I can go.
I can come.

Mwen kapab domi .
Mwen kapab pale.

I can sleep.
You can speak.

Eske ou kapab pale?
Wi, mwen kapab.

Can you speak?
Yes, I can.

Eske ou kapab fe sa?

Can you do this?

Non, mwen pa kapab fe sa-a.

No, I can not do that.

Ou kapab kompren?

You can understand?

Eske ou kab' kompren?

Can you understand?

Eske ou kompren?

Can you understand?

Wi, un peu.

Yes, a little.

Eske ou kab' di Lan-med?

Can you say Mate?

Wi, mwen kab' pale Kreole un peu!

Yes, I can speak a little Creole!

Zut! Mwen formidab!

Darn-it! I am wonderful!

6. UNDERSTANDING:

Mwen kompren.

I understand.

Mwen pa kompren.

I do not understand.

Ou kompren.

You understand.

Ou pa kompren.

You do not understand.

Eske ou kompren fanm-sa?

Do you understand women?

Non. Non. Mwen pa kompren li!!!

No. No. I do not understand them!!!

Oh. Zut! Lan-med.

Darn-it! Mate!

Pa di Lan-med, souple.

Please do not say Mate!

Ou formidab!

You are wonderful!

7. WANTING:

Mwen vle.

I want.

Mwen vle manje kichoy.

I want to eat a little.

Mwen vle bwe dlo.

I want to drink water.

Mwen vle ale nan toilet!!!

I want to go to the toilet!!!

Eske ou vle manje kichoy?

Do you want to eat a little?

Non, mwen pa vle manje.

No, I do not want to eat.

Zut! Mwen vle ba ou kichoy.

Darn! I want to give you a bit.

Non mesi.

No thank you.

Mwen vle vini.

I want to come.

Eske ou vle domi avek moin?

Do you want to sleep with me?

Non, mwen pa vle domi.

No, I do not want to sleep.

Miguel, eske ou vle manje grenouye?

Miguel do you want to eat the frogs?

Zut! Pas maintnan, mesi!

Darn-it! Not just now, thank you!

Nou formidab!

We are wonderful!

8. GETTING:

Ba mwen lajan, souple.

Please give me the money.

Pran lajan, souple.

Please take the money.

Mwen pran lajan.

I take the money.

Bam adisyon-an, souple..

Please give me the ticket.

Min adisyon-an, souple.

Please take the ticket.

Mwen pran adisyon-an.

I take the ticket.

Souple, bam bagay la.

Please give me the thing.

Ki kote bagay la-yé?

Mwen pa konnè.

Where is the thing?

I do not know.

Ba m youn neg, souple!

Zut!!! A la youn fanm!!

Li formidab!

Please give me a man!

Darn-it!!! What a woman!!

She is wonderful!

9. HAVING:

Mwen gen youn bagay.

Mwen pa gen youn bagay (anyin).

I have one thing.

I do not have one thing.

Ou gen youn bagay.

Nou gen youn bagay.

Li gen youn bagay.

You have one thing.

We have one thing.

She has one thing.

Mwen gen yonti temps, Madmoisèl!

Ou gen lajan, Mi-siye?

I have the time, Miss!

Do you have some money, Sir?

Non.

Oh. Lan-med!

Pa di Lan-med, souple!

No.

Oh. Mate!

Please do not say Mate!

10. ORDERING (POLITELY):

Ba m bagay la, souple.

Ba m lajan, souple.

Please give me the thing.

Please give me the money.

Bam dlo, souple.

Please give me the water.

Mesi.

Thank you.

Pa bwe dlo en Franc, souple!!

Please don't drink the water in France!!

Bwe divin.

Drink the wine.

Vini isit, souple.

Please come here.

Ale la, souple.

Please go there.

Bwe sa-a, souple.

Please drink this.

Pa manje sa-a!

Do not eat that!

Ba m sa-a, souple.

Please give me this.

Pa pran sa-a, souple.

Please do not take that.

Di sa-a, souple.

Please say this.

Pa di Med, souple.

Please do not say Mate.

Zut! Mesii. Ou formidab!

Darn-it! Thank you. You are wonderful!

11. GREETING:

Bonjou Michelle ma Belle.

Hello Michelle.

Bonsoi Paula.

Hello Paula.

Bonjou Miche.

Good morning Miche.

Bonjou Sancos.

Good morning Sancos.

Ki jan ou ye, Eliza?

How are you, Eliza?

M ap boule, mesi, Khulu.

I am well, thank you, Khulu.

Ki jan ou ye, Xavier?

Sa-va mesi, Miguel.

How goes it, Xavier?

OK , thank you Miguel.

Orewai Giles.

Babay Judith.

Goodbye Giles.

Bye bye Judith.

Wi, oke Hollie

Li formidab, Heidi!

Yes OK, Hollie.

It is wonderful, Heidi!

Oke, Sam.?

Wi, oke Lucie.

OK Sam?

Yes OK, Lucie.

Pa mal, Henri.

Ki jan ou ye, cheri mwen?

Not too bad, Henri.

Are you well, my darling?

Non!!!

Zut! Li formidab!

No!!!

Darn-it! She is wonderful!

12. DESCRIBING:

Li bon,

Li pa bon.

Li mauve.

It is good.

It is not good.

It is bad.

Ce youn liv.

Eske li gros?

Non, li pitit.

It is a book.

Is it big?

No, it is small.

Eske li fasil?

Non, li diffcil.

Is it easy?

No, it is hard.

Eske dlo sa bon?

Non, dlo pa bon en Franc!!

Is the water good?

No, the water is not good in France!!

Oh Lan-med!!!

Pa di Lan-med souple.

Oh Mate!!!

Please do not say Mate.

Eske nou formidab?!!!

Zut! Wi!!

Are we wonderful?

Darn-it! Yes!!

13. KNOWING (THINGS & PEOPLE):

Mwen konn sa-a.

Eske ou konn sa?

Wi, mwen konn sa.

I know this.

Do you know this?

Yes, I know this.

Ou konn sa-a.

Eske ou konn sa-a?

Non, mwen pa konn sa-a.

You know that.

Do you know that?

No, I do not know that.

Mwen konn femn sa-a.

Mwen konn neg sa-a.

I know that woman.

I know the man.

Li konn em.

Eske ou konn famnsa-i?

He knows me.

Do you know that woman?

Non. Bonjou Madamn.

Sante a bon, Madamn?

No. Good morning Madame?

Are you well, Madame?

Non, mwen pa santim bon!! Babay!!
Ou pa konné li.

No, I am not well!!! Goodbye!!!
You do not know her!

Zut! Li formidab!

Darn-it! She is wonderful!

14. NUMBERING:

Mwen gen youn problèm.
Wi, ou gen youn problèm.

I have one problem.
Yes, you have a problem.

Non, ou gen de (2).
Li gen twa.

No, you have two (of them).
He has three.

Li gen kat.
Nou gen senk (5).

She has four.
We have five.

Eske ou gen senk cob?
Wi, kounyela, mwen gen senk problèm!!!

Do you have five?
Yes now, I have five problems!!!

Tout pitit sa yo!
Tout pitit formidab!

All the children!
Children are wonderful!

15. ASKING:

Kombien liv la?
Senk goud.

How much is the book?
Five gourdes.

Kombien bagay sa-i?
Kombien?

How much is this thing?
How much?

Kat dollar.

Four dollars.

Ki kote li ye?

Where is it?

Li la.

It is there.

Non, li pa la.

No, it is not there.

Ki kote toilet la, souple?

Where is the toilet, please?

Toilet la ba.

The toilet is over there.

Ki-sa sa-a ye?

What is that?

Eskize m. Ki-sa?

Pardon. What?

Sa-a.

That.

Oh, ce youn bon liv.

Oh, it is a good book.

Ki-sa ou vle?

What do you want?

Mwen vle di vin, souple.

I want the wine, please.

Ki moun issi ?

Who is here?

Nou isit.

We are here.

Ki moun famn sa-a?

Who is that woman?

Mwen pa konn.

I do not know.

Zut! Ce Madonna!

Darn-it! It is Madonna!

A la youn fanm! Li formidab.

What a woman! She is wonderful!

16. EVERYTHING - COLLOQUIAL: errors ????

Mwen ist.

I am here.

Ou la

You are there.

Mwen eme ou.

I like you.

Ou eme lajan.

You like the money.

Li fe sa.

He does this.

Li fe sa.

She does that.

Mwen kapab pa le-kal Kreole!

I can speak a little Creole!

Ou pa kapab pa Lan-med?

You can not say Mate?

Mwen kompren ou.

I understand you.

Ou pa kompren mwen.

You do not understand me.

Mwen vle ale nan bar la.

I want to go to the bar.

Ou vle ale nan toilet.

You want to go to the toilet.

Mwen gen oun ti bout temp, Madmoisèl

I have time, Miss!

Ou gen lajan, Mi-sye?

Do you have some money, Sir?

Pa bwe dlo en Franc, souple!!

Please don't drink the water in France!!

Bwe di vin.

Drink the wine.

Ki jan ou ye, Eliza?

How are you, Eiza?

M ap boule mesi, Khulu.

I am well, thank you, Khulu.

Eske li gros?

Is it big?

Non, li piti.

No, it is small.

Ou pa konn famn sa-i.

You do not know that woman.

Zut! Li formidab!

Darn-it! She is wonderful!

Wi kounyela mwen gen senk problèm!!!

Yes now, I have five problems!!!

Tout pitit sa yo!

All the children!

Ki-sa sa-a ye?

What is that?

Eskize m. Ki-sa?

Pardon. What?

Men li

There it is.

Li pa mal.

Not bad.

Zut!!!

Darn-it!

Oke?

OK?

Wi, li "cool".

Yes, it's cool!

Wi, li classe!

Yes, it's cool! (classy)

Wi, li bcbg!

Yes, it's cool! (upper class)

Pa di Ln-med, souple!!

Do not say Mate!!!

Li pa bcbg!!!

It is not cool (upper class)!!!

Mwen doue fe sa-i.

I must do this.

Ou doue fe sa.

You must do that

Formidab?

Wonderful?

Wi ou formidab!

Yes you are wonderful!

Babay, kounyela!

Bye bye, for now!

17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... as needs arise ... without conscious effort ... because ... you will believe ... you can do it ...

Just naturally ... in your own way ... as part of you ... instinctively ... as that new part of you ... grows ... stronger and stronger ... you will begin to speak with a beautiful accent ... so easily ... reinforcing your learning ... with a gentle quiet confidence ... which will surprise you ... and such a beautiful accent ... of which you will be proud ... to fit the music of the natural language ... will surprise you even more ... and more ... as you repeat the CRE ... so that ... in every day ... in every way ... you believe ... you will ... get ... better and better ...

And now as you choose ... to believe you can do something ... that makes you feel so comfortable with yourself ... something you will feel more and more ... able to do ... so that you feel ... even more comfortable ... and confident ... naturally ... in your own way ... you can take whatever time you need ... just to process your thoughts ... in your own special way ... and to bring this experience to a comfortable close ...

You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special "Creole Place" ... in your mind ...

And when you feel ... you are ready ... and you want to ... you can start the process of reorienting yourself ... bringing yourself back ... taking your time ... and when you are ready ... you can fully orient yourself ... and allow your eyes to open ... feeling well ...and happy ... because ... and you will begin to experience confidence ... more and more ... because ... from now ... in every day ... in every way ... you will ... be getting ... better and better ...

And as we end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continuing support ... of our Team ... which all began in Bayonne, France on August 15, 2001 ... and of course ... as with all things ... we believe can do ... together ... God Bless ...

18. NATURAL VOCABULARY:

(without accents)

a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
bonjou	bonjou	ki jan ou ye?	M ap boule Mwen pa mal	mesi
goodbye	yes	no/not	OK	not too bad
orevwai/ babay	wi	non/pa	oke	pa mal
Darn-it!	Mate!	there it is!	"cool"!!!	excuse me
Zut!	Lan-med	Li la	bon moun!	eskize m

b. Verbs:

to be (sick)	have	like	want	can
malad	gen	renmen	vle	kapab
do	say/speak	go	come	give
fe	di/di	ale	vini	bay/ba
take	eat	drink	sleep/go to bed	know
pran	manje	bwe	domi	konn
understand	must			
kompren	dev			

c.
Prepositions:

some	a	the	to	from
un peu	yon	la/li	nan/sou	de

d. Pronouns:

I	you	he	she	we
Mwen/m	nou/n/ou	li/l	li/l	nou/n

it	this	that	Mr	Mrs.
Li/l	sa-i/si-la	sa-a	Mi-siye	Madanm

e. Nouns:

money	thing	man	woman/wife	water
lajan	bagay	neg/gason	fanm/fi	dlo

car	ticket	book	friend
machin	billet	liv	zanmi

f. Adjectives/
adverbs/
Other

good	bad	big	small	now
bon	mauvais	gwo	piti	kounyela

later	a little	wonderful!	happy	easy/difficult
-------	----------	------------	-------	----------------

pita	ti-kal/kichoy ti-brut/ ti-muso	formidab!	kontan	fasil/diffcil
-------------	---	------------------	---------------	----------------------

here/there

isit/là-bas

g.
Interrogative
s:

how much?	where?	what?	who?	when?
kombien?	Ki kote/ki bo ?	ki sa/sa?	ki moun ?	ki-le?

Note: What is this? Question?
 Ki-sa sa-a **Eske? ... ?**
 ye?

h. Numbers:

one	two	three	four	five
youn/en	de	twa	kat	senk

i. And some survival words:

WC (toilette)
always (toujou)
fast/slow (vite/doucement)
but (min)
never (jamai)
please (silvouple/souple)
food (mange)
train (tren)
bus (bis)
home (la lay mwen)

work (travail)
time (ton)
today (jodi a)
tomorrow (demen)
paper (papier)
newspaper (journal)
day (jou)
week (semenn)
year (ane)
hour (l-heu)

minute (minute)
hamburger (hamburger)
think (penser)
read (lire)
write (ekri)
laugh (rire)
dance (dancer)
later (plus tard)
stop (reter)
policeman (gendarme)

six (sis)
seven (set)
eight (uit)
nine (nef)
ten (dis)
hundred (san)
thousand (mil)
mate (zanmi/sociawen)
bye bye for now mate (bay zan-
mwen)!!

19. NATURAL FEEDBACK AND NEW IDEAS

(to drbobboland@hotmail.com)

1. HOW LONG DID YOU TAKE TO STUDY THE CRE?

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

20 - DAILY MINI PHRASE BOOK

(Write out your copy - and start to chat - speed reading 4 minutes)

BASICS:

Thank you.

Mesi

Hallo

Bonjou

Yes/no

Wi/non

Please

Souple

Excuse me

Eskize m

Everything is OK!

Tou bagay en ode-oke!

INTRODUCTIONS:

Good morning

Bonjou

Good-bye.

O revoi/Babay

My name is ...

Mwen rele ...

What is your name?

Ki jan ou rele?

How are you?

Ki jan ou ye?

Fine thanks

M ap boule, mesi

And you?

E ou?

Where do you come from?

Ki kote ou rete fon?

I'm from:

M rete en:

France

Franc

England

Angleterr

America

Amerika

I work with:

M travail pou:

UN

I'ONU

Red Cross

Croi Rou

Nokia

Nokia

QUESTIONS:

I must do this.

M doi fe sa-i.

You must do that.

Ou doi fe sa-a.

When/how?

Ki le/koman?

What/why?

Ki/pou ki sa?

Who/which?

Kiles ki/lequel?

Where is/are ...?

Ki kote li ...?

Where can I find ...?

Ki kote mwen kapab join li ?

How much is it?

Kombien sa-a?

Can you help?

Eske ou kapab aide?

What does this mean?

Ki sa sa vie di?

UNDERSTANDING:

I understand

Mwen kompren

I don't understand.

Mwen pa kompren non.

Can you say that again ?

Ou kapab repete sa-a?

Can you translate this?

Ou kapab tradui sa-i?

Can I have...?

Mwen kab gen sa ...?

Do you speak:

Eske ou pale :

english/creole?

angle/kreole?

I don't speak

Mwen pa pal

I speak a little ...

Mwen pal pih pih ...

COMMENTS:

It's:

Li:

better/worse

mellor/piti

big/small

cheap/expensive

good/bad

hot/cold

near/far

vacant/occupied

OK!

gran/pitit

bon mache/cher

bon/mal

chau/fret

tout pré/lain

lib/occupe

Oke/dakor!

FOOD:

I like:

breakfast

lunch

dinner.

Mwen renmen:

manje matin

manje midi

Manje aswi

I would like some ...:

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Mvle ti-kal ...

pan/ber

fromag

ze

vian/pomti

pom/orang

kafe/te

let

ju fru

dlo

I want to pay now.

There is a mistake.

We enjoyed it.

Mwen vle paye kounyela.

Gen oum fot.

Nami ze empil.

TRANSIT:

Where is the nearest shop?

Where can I find a taxi?

How much is it to ...?

Take me to this address.

Please stop here.

This is not the right road.

Go straight ahead.

It's there, on the:

left/right

next to/after

north/south

east/west

Where is the:

town centre

pharmacy

SHOPPING:

Do you have ...?

How much is this/that?

I will take it.

What colours have you?

Black

Blue

Red

White

Yellow

Ki kote magazin plu pra a ye?

Ki kote M kapab toin yen taxi?

Konbien pou ale ...?

Menem ran adress sa-a....

Souple, rete isit.

Route sa pabon.

Ale tout droit.

Li la a:

goch/droit

pre/apre

nord/sud

es/west

Ki kote ...:

ba la vil la ye?

yon famasi?

Ou gen ...?

Konbien sa-a/si-la?

Mwen pran li.

Ki koule ou gen ?

noir

ble

roug

blanc

jaun

Green

ve

I want to buy:

aspirin

soap

kilo apples

litre of milk

film/newspaper

Mwen vle ache:

aspirin

savon

kilo pom

lit lait

fim/journal

TELEPHONE:

Hello, this is ...

Please speak:

louder

slowly

Bonjau, se ...

Souple, pale:

pi for

pi lent

I want to speak to:

Mr.

Mrs.

Miss

Mwen vle pale avek ...

Mi-siye

Madanm

Med-moisel

When will he be here/there?

Ask him to telephone me

Ki le lap isit/la?

Mande li, telefonen mwen.

TIME:

Do you have enough time?

What time is it?

The time now is:

five past one

quarter to three

twenty past four

Ou gen assez temp?

Ki le li ye?

Koun lie la:

youn senk

kates moin kat

kre ven

half past six

size e demi

MEETINGS:

We will see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

Nou na wi ou ...

jodi ai

demen

semenn prochen

matin

l'après-midi

a-soue

sen nuit

byento

You are right/wrong.

That is right

Ou gen rezen/tor.

Ce bien.

LOCATIONS:

Here/there

At the UN office

Is it near/far

How many hours?

Isit/la

Nan buro ONU

Eske li pré/lain?

Konbien temp?

21. PLAY QUIZ

(Challenge - discuss with a natural speaker)

a. I am well	Oke
b. Excuse me	Mesi
c. Thank you.	Pa mal mesi
d. OK	Eskize m.
e. A little	Ki sa sa ye?.
f. What is this?	Ti-kal/moso/bout
g. Hello	Ki jan ou ye?
h. How are you?	Bonjou
i. What is new?	Ki le li ye?
j. My name is	Ki metye ou?
k. What is your job?	Mwen rele.
l. What time is it	Sa k pase?
m. Yes	Mwen vle
n. Please	Mwen isist
o. I am here	Souple.
p. I want	Wi.
q. How much is that?	Ki le li ye?
r. Where is the toilet?	Ki kote/ki le/pou ki sa ?
s. Where/when/why?	Kote toilet la?
t. What time is it?	Kombien sa-a ye?
u. Help me please	M pa kompren non.
v. I do not understand	Pale dousment, souple.
w. What does this mean?	Ede m, souple.
x. Please speak slowly	Ki sa sa vle di?
y. See you later	Bon appetit/sante.
z. Cheers!!	Ma we ou pi ta.

Answers: In the phrase book ... if you need them ... or email us ...

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT
AND LONG TERM RE-INFORCEMENT AFTER ONE MONTH -
TRY TO WORK WITH A PARTNER AND A NATURAL SPEAKER
FOR JUST ONE DAY MORE**

RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one more day ... of PLAYING with the natural language ... instinctively ... naturally ... completely relaxed ... with no stress or effort ... just play!

Our natural suggestions are:

1 - Do APS. Play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts. LIST your five key problems!

2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes. USE the Mini-phrase Book for easy interactive conversation

3 - SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes. USE the Mini-phrase Book for easy interactive conversation

4 - SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting! Review your five problems.

5 - USE the Mini-phrase Book for easy interactive conversation. Then do it as SPEED READING (reverse-mode) in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!

6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording. Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to drbobboland@hotmail.com.

APPENDIX B - ADDITIONAL VOCABULARY SELECTED TO MEET THE SPECIAL NEEDS OF EACH CLIENT ORGANIZATION (100 WORDS)

Special Vocabulary for UNHCR

(Challenge - complete and then discuss with a fluent speaker)

English	Pashto	Dari	Creole
Airport	hawaa dagar	maydaan-e hawaa- I	aeropo
Army	pauz	fauj/ordu	larme
Asylum	panaah	pamaah	ail
Border	pdlay	sarhadd	frontre
Camp	dd kaamp	kaamp-d	kan
Children	muchouman	awladah	ti-moun
Clothing	jama	poxaak	rade
Cooking pot	chainaq	dd paxldy loxay/ deg	
Cooperation	hamkari	pd gdda kaar kawdl	cooperat.
Customs	gumruk	gumruj	indouane
Delay	nawakta	dzandy	de-le
Detention	ndzar-band	tawkif	detention
Development program	dd wadi prograam	prog.ynkyshaafi	program dev.
Displaced persons	be-zaya shdwi xaldk	be-jaa shodygaan	quantite moun deplace
Electricity	breshna	brexnaa	couent
Emergency	hajol	ber-dndy pexa	igence
Expulsion	shar-dl	kharej/zxraaj	expilsion
Family	koranay	hekraaj	fami

Government	hokumat	hokumat	gouvermdo
Grandparents	padar kalan	padar wa maser kalan	mama/papa kalan
Handicapped	saya	ma-yub	handicap
Health	roghtyaa	seat/syhhat	sante
Hospital	roghtun	shafakhana	hopital
House	kor	khana/kor	kay
HQ	mankaz	mankae	katre general
Human rights	dd bashar hakkuna	hokuk e bashar	droit moun
Husband	mehra	shwahan	mari
Lamp	dewan	tsheragh	lamp
Legal protection	kaanuni saatdna	hymayat e kanoun	prot.legal
Malnutrition	bada ghdzaa	sou-e taghziya	malnutrit.
Material assistance	maadi komak	komak-e mawadi	asst. material
Ministry	wdzaarat	wezarat	ministe
Nutrition	ghdzaa	taghziya	nutrition
Pain - days/ weeks	dard worat	dard e ruz/hafta	doule-jou/semen
Pain - months/ years	dard hafta	dard e mo/sol	-moi/ani
Pain - treatment	dard mehda	dard e ta-dow-wi	-treitman
Pain - arms/legs	dard bazou/paie	dard e dest/pal	-bra/jamb
Pain - chest	dard sina	dard e sina	-poitrine
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/ cheshom	-zore/ge
Pain - hands/feet	dard daste/paie	dard e dest/pai	-min/pie
Pain - head/neck	dard sav/gardan	dard e sar/ghardin	-tet/cou

Pain - stomach	dard mehda	dard e meda	-estomac
Persecution	zawrawdi	aziyat	pesection
Petrol	tel	petrol/tel	gasoline
Police-station	dd polis st-eshan	sar-mammuriyat- e-police	p.police
President	mdshir	ra-is	presiden
Prison	bandy-khana	zyndan	prison
Province	ayaalat	wela-yate	province
Reception centre	dd melma paaldne	mahal e pazirahi/ markaz-d paziraa-i	sant reception
Refugee	mohajer	panahenda	refige
Representative	astaazy	nema-yandghi	representan
Rural	da kdll		riral
Sanitation	hyfzu-syhna	hyfzu syhha	swen
Shelter	rijdi	panaga	abri
Status	haysiyat	haysiyat	estah
Tent	rijdi	gihejdi/khayma	tent
Torture	shekanja	shykanja	totu
Town	khar	shahr	vil
Transportation	transport	transport	transpo
Travel Docs	sdd safar sanaduna	sdd safar sanaduna	dokim.voy.
Tribe	t-dbdr	kapabila	tribu
Truck	lan mot-dr/lari	motar-d laar/lari	kamion
Urban	dd khari	dd khari	tane
Village	kday	karya	vilage
Voluntary repatriation	pd rdzaa-sara berta legal	bar-gasht-d yraadi	

War	jagara	jangué	taque
Water	aaba	aab	dlo
Wife	kaza	zawja/khanom	fam

APPENDIX C - BRIEF GRAMMAR

1. Structure - subject, object and verb:

MWEN isit.

I am here.

PITIT isit.

The CHILD is here.

ESKE pitit isit?

QUESTION - is the child here?

2. Articles:

YOUN pitit isit.

A child here is.

3. Nouns:

TI-MOUN-yo isit.

The CHILD-REN are here.

BON pitit'la isit.

The GOOD child is here.

SE youn pitit.

HE is a child.

4. Possession:

Se pitit MWEN.

He is MY child.

5. Relative:

Pitit KI isit.

The child WHO here is.

6. Demonstrative:

Pitit SA isit.

THIS child is here.

Pitit SA-I la.

THAT child is there.

7. Interrogatives:

KI SA bagay sa ye?

WHAT is this thing?

KI MOUN ki isit?

WHO is here?

KI KOTE pitit li ye?

WHERE is the child?

KONBIEN liv la koute?

HOW-MUCH is the book?

8. Imperatives:

FE sa!

DO this!

VINI isit!

COME here!

9. Negatives:

Wi, mwen GEN youn liv.

Yes, I HAVE a book.

Non. mwen PA gen liv.

No, I do NOT have the book.

PA vini isit.

Do NOT come here.

10. To be, have and want - present tense:

Mwen viven/gen/vle

I am/have/want

Ou viven/gen/vle

Yu are/have/want

Li viven/gen/vle

He is/has/wants

BROCHURE

CRE - CREATIVE RELAXATION EXERCISE THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT IN ONE DAY

KEY CONCEPT: Relax and ... let your body ... and your mind ABSORB...
the new language just as you did ... so well ... with your first natural
language ... all those years ago ... MERCI!"

Opportunity for AID WORKERS on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local companies, governments, refugees, client and project staff, as they perceive the effort to speak the local language with a good accent, and thus to show clearly a deep respect for local values and culture.

Description: dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa etc etc .

Designed for: mature motivated learners who need to achieve very rapidly, the personal confidence to speak and understand, basics of the local natural language. Designed also also for current speakers to who want to achieve significant accent improvement.

Course duration: one full six-hour day with a partner or small group, followed by daily brief individual revision, in the following week and one-day reinforcement a month later.

Application: individual training or as a small part of any management training program to stimulate creativity, because: "Each language is an intellectual treasure-house of communication, culture and humanitarian values" - Professor Kenneth Hale - linguistics expert of MIT who spoke 50 languages fluently and died October 8th 2001.

Method: uses CRE techniques to achieve relaxation and intuitive absorption of the natural language with confidence and without stress or effort. Designed to handle varying individual value systems and needs. CRE techniques, once acquired, can be easily used for any other languages or dialects. Uses IRT - the Instant Relaxation Technique create the confidence to learn.

Further information: 33 450 408982 or 199 Chemin Garenne, Prevessin, 01280 France or email: robertboland@wanadoo.fr from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

**BRIEF DICTIONARY - ENGLISH/ FRENCH/ SPANISH/ GERMAN/CREOLE
(Challenge – insert Creole and discuss with a natural speaker)**

ENGLISH	FRENCH	SPANISH	GERMAN	CREOLE
a	un/une	un/una	in/eine	YOUN
about	environ	cerca de	ungefähr	ENVIR
accident	accident,l'	accidente	Unfall	AKSIDEN
action	action,la	accion	Handlung	etc.
actually	en fait	realmente	eigentlich	
after	après	depués	nach	
afternoon	après-midi,l'	tardes	Nachmittag	
airport	aéroport,l'	aeropuerto	Flughafen	
alone	seul	solo/unico	allein	
also	aussi	también	auch	
always	toujours	siempre	immer	
am (I)	suis (je)	yo soy/estoy	bin (ich)	
and	et	y	und	
anniversary	anniversaire	cumpleaños	Jahrestag	
anybody	n`importe qui	cualquiera	irgendjemand	
anything	n`importe quoi	cualquier cosa	irgendetwas	
April	Avril	abril	April	
are(you)	êtes (vous)	usted es/está	sind	
arrive	arriver	llegar	ankommen	
at	à	a/en	an	
August	Aout	agosto	August	
bad	mauvais	malo	schlecht	
bank	banque,la	banco	Bank	
bar	bar	bar	Bar, die	
bath	bain,le	baño	Bad	
beat	battre	batir	schlagen	
beautiful	beau/belle	hermoso	schön	
because	parce que	porque	weil	
bed	lit,le	cama	Bett	
begin	commencer	comenzar	anfangen	
behind	derrière	detrás/atrás	hinter	
beside	à côté de	al lado de	nächst	
better	meilleur	mejor	besser	

bill	facture,la	cuenta	Rechnung, die
big	grand	grande	gross
biscuit	biscuit,le	galleta	Keks
black	noir	negro	schwarz
book	live,le	libro	Buch
boy	garcon,le	niño/muchacho	Junge
bread	pain,le	pan	Brot
breakfast	petit dej.le	desayuno	Frühstück
brother	frère,le	hermano	Bruder, der
bus	autobus,le	autobús/camión	Bus
business	affaires,les	negocio	Geschäft
buy	acheter	comprar	kaufen
can (able)	pouvoir	poder	können
car	auto,l'	carro/coche	Auto
carefully	prudent	prudente	vorsichtig
carry	porter	llevar	tragen
cash	argent,le	dinero	Bargeld
chair	chaise,la	silla	Stuhl
cheap	bon marché	barato	billig
children	enfants	niños	Kinder
choose	choisir	seleccionar	wählen
cigarette	cigarette,la	cigarillo	Zigarette
clean	propre	limpio	sauber
clever	intelligent	inteligente	klug
clouds	nuages,les	nubes	Wolken, die
coffee	cafe,le	café	Kaffee
cold	froid	frio	kalt
colour	couleur,la	color	Farbe
come	venir	venir	kommen
complain	plaindre	reclamar	klagen
contract	contrat,le	contrato	Vertrag
cook	cuire	cocinar	kochen
cost	coût,le	costo	Kosten
count	conter	contar	zählen
creditors	créditeurs,les	acreedor	Gläubiger
cup	tasse,la	taza	Tasse
customer	client,le	cliente	Kunde

customs	douane,la	aduana	Zoll
daughter	fille,la	hija	Tochter
day	jour,le	día	Tag
dear	cher	caro	teuer
debtors	débiteurs,les	deudores	Schuldner
December	Décembre	diciembre	Dezember
dinner	dîner,le	comida	Abendessen
dirty	sale	sucio	schmutzig
divided by	divisé par	dividir de	dividiert durch
do	faire	hacer	tun
doctor	médecin,le	doctor/médico	Arzt
doers	actifs,les	trabajadores	Täter
drink	boire	beber/tomar	trinken
drive	conduire	manejar/coduc.	fahren
dry	sec	seco/árido	trocken
early	de bonne heure	temprano	früh
easy	facile	fácil	leicht
eat	manger	comer	essen
eight	huit	ocho	acht
eighty	quatre vingt	ochenta	achtzig
either	ou	o	entweder
eleven	onze	once	elf
English	Anglais	inglés	Englisch
enjoy	s`amuser	gozar de	sich freuen
enough	assez(de)	bastante/suf.	genug
etc.	et cetera	etcétera	usw
evening	soir,le	tarde	Abend
every	chaque	cada	jeder
fall off	tomber	caer	fallen
family	famille,la	familia	Familie
father	père,le	padre	Vater
father/law	beau-père,le	suegro	Schwiegervater
fat	gros	gordo	fett
Febuary	Février	febrero	Februar
fifty	cinquante	cincuenta	fünfzig
fight	combattre	luchar	kämpfen
finance	financer	finanza	finanzieren

find	trouver	encontrar	finden
fine	beau	fino/perf/bel.	schön (Wetter)
fingers	doigts,les	dedos	Finger
finish	finir	terminar	beenden
fish	poisson,le	pescado	Fisch
five	cinq	cinco	fünf
fog	brouillard,le	niebla	Nebel
food	nourriture,la	comida/alim.	Essen
fools	fous,les	tontos/locos	Verrückten
for	pour	para/por	für
fork	fourchette,la	tenedor	Gabel
four	quatre	cuatro	vier
forty	quarante	cuarenta	vierzig
Friday	Vendredi,le	viernes	Freitag
friendly	sympathique	amigable	freundlich
friends	amis,les	amigos	Freunde
future(adj)	futur	futuro	zukünftig
game	jeu,le	juego	Spiel
generally	généralement	generalmente	allgemein
get	obtenir	obtener	bekommen
girl	jeune fille,la	niña/muchacha	Mädchen
give	donner	dar	geben
glass	verre,le	vaso	Glas
go	aller	ir/andar	gehen
good	bon	bueno/buen	gut
goodbye	au revoir	adiós	auf Wiedersehn
good even.	bonsoir	buenas tardes	guten Abend
good morn.	bonjour	buenos días	guten Morgen
good night	bonne nuit	buenas noches	gute Nacht
greedy	gourmand	codicioso	gierig
half	moitié	medio/mitad	halb
happy	heureux	contento/feliz	glücklich
hate	détester	odiar	hassen
have	avoir (j'ai)	haber/tener	haben
he	il	él	er
hello	salut	hola	hallo
help	aider	ayudar	helfen

helpful	utile	util	behilflich
her (acc.)	la/lui	la/le	ihr
here	ici	aquí	hier
herself	ellemême	ella misma	sie selbst
him	le/lui	le/lo	ihn/ihm
himself	luimême	él mismo	er selbst
his	son	suyo	sein
honest	honnêt	honrado	ehrlich
hope	espérer	esperar	hoffen
hospital	hopital,le	hospital	Krankenhaus
hot	chaud	caliente	heiss
hotel	hotel,le	hotel	Hotel
how are y.?	comment a.v.?	cómo está Ud?	wie geht e.l.?
how many?	combien de?	cuántos?	wieviel?
however	cependant	sín embargo	jedoch
hundred	cent	cien	hundert
hungry	avoir faim	tener hambre	hungrig
husband	mari,le	esposo/marido	Ehemann
I	je	yo	ich
I am well	je vais bien	muy bien	mir geht es gut
icecream	glace,la	helado	Eis
if	si	si	wenn
important	important	importante	wichtig
impossible	impossible	imposible	unmöglich
in front of	devant	enfrente de	vor
intelligent	intelligent	inteligente	klug
inventory	inventaire, l'	inventario	inventor
is (he)	est (il)	es	ist (er)
it	cela	eso	es (er)
itself	celamême	eso mismo	es selbst
January	Janvier	enero	Januar
journey	voyage,le	viaje	Reise
July	Juillet	julio	Juli
June	Juin	junio	Juni
knife	coûteau,le	cuchillo	Messer
know	savoir/conn.	saber/conocer	wissen
labour	main d`oeuvre	trabajo	Arbeit

language	langue,la	idioma	Sprache
late	tard	tarde	spät
later	plus tard	mas tarde/lu.	später
learn	apprendre	aprender	lernen
less	moins de	menos	minus/weniger
letter	lettre,la	carta/letra	Brief
life	vie,la	vida	Leben
like (verb)	aimer	gustar	gern haben
listen	écoûter	oir	zuhören
little	peu	poco	wenig
long	long	largo	lang
long run	finalement	a lo largo	auf die Dauer
look	regarder	mirar	schauen
look for	chercher	buscar	suchen
loss	perte,la	pérdida	Verlust
lot,lots	beaucoup de	mucho	viel
love	aimer bien	querer	lieben
low	bas	bajo	tief
lucky (be)	avoir/chance	tener suerte	Glück (haben)
luggage	bagages,les	equipaje	Gepäck
lunch	déjeuner,le	almuerzo	Mittagessen
make/do	faire	hacer/realizar	machen
man	homme,l'	hombre	Mann
manager	directeur,le	gerente/dir.	Manager
many	beaucoup (de)	muchos	viele
map	plan,le	mapa	Landkarte
March	Mars	marzo	März
marriage	mariage,le	matrimonio	Heirat
marry	se marier	casar	heiraten
materials	materiaux,les	materia prima	Materialien
May	Mai	mayo	Mai
me	me	mi	mich
meal	repas,le	comida	Essen
meat	viande,la	carne	Fleisch
meet	rencontrer	encontrar	kennen lernen
meeting	réunion,la	reunión	Versammlung
mind (not)	égal (etre)	no importa	egal (mir)

minute	minute,la	minuto	Minute
Miss	Mademoiselle	Señorita	Fräulein
mistake	erreur,la	error	Fehler
Monday	Lundi,le	lunes	Montag
money	argent,la	dinero	Geld
month	moins,le	mes	Monat
more	plus	más	mehr
morning	matin,le	mañana	Morgen
mother	mère,la	madre	Mutter
motheri.l.	bellemère	suegra	Schwiegermutter
Mr	Monsieur	Señor	Herr
Mrs	Madame	Señora	Frau
multipl.by	multiplier par	multiplic.por	multipliz.mit
must	devoir	deber/tener de	müssen
my	mon	mi/mis	mein
myself	moimême	mi	ich selbst
near	près de	cerca de	nahe
never	jamais	nunca/jamás	niemals
never mind	n'importe	no importa	nichts (macht)
new	neuf	nuevo	neu
nice	agréable	fino/bueno	nett
nine	neuf	nueve	neun
night	nuít,la	noche	Nacht
ninety	quatrev.dix	noventa	neunzig
no	non	no	nein
nobody	personne	nadie	niemand
noise	bruit,le	ruido	Krach
not	ne...pas	no	nicht
nothing	rien	nada	nichts
November	Novembre	noviembre	November
now	maintenant	ahora	jetzt
o`clock	heures (7.00)	hora (7.00)	Uhr (7.00)
October	Octobre	octubre	Oktober
of course	naturellement	naturalmente	natürlich
Oh!	Oh!	O!	Ach!
old	vieux	viejo	alt
on	sur	sobre	auf

one	un	un/uno	eins
or	ou	o	oder
orders	ordres,les	órdenes	Bestellung
our	notre	nuestro	unser
ourselves	nousmême	nosostros	wir selbst
out	dehors	fuera	aus
overheads	frais gen.les	gasto gener.	Laufenden U.
owner`s eq.	capital,le	capital	Anlagekapital
parents	parents,les	padres	Eltern
passport	passeport,le	pasaporte	Pass
people	gens	gente	Menschen
place	endroit,le	sitio/lugar	Platz
plane	avion,le	avión	Flugzeug
plate	assiette,la	plato	Teller
please	s`il v. plaît	por favor	bitte
police	police,la	policía	Polizei
polite	poli	cortés	höflich
porter	porteur,le	portero	Träger
possible	possible	posible	möglich
present	présent	presente	gegenwärtig
pretty	joli	bonito	hübsch
products	produits,les	productos	Produkte
profit	profit,le	ganancia	Gewinn
put	mettre	poner	legen
quarter	quartier,le	cuarto	Viertel
quickly	vite	aprisa/de pri.	schnell
rain	pluie,la	lluvia	Regen
read	lire	leer	lesen
really	vraiment	de veras	wirklich
red	rouge	colorado/rojo	rot
relax	se relaxer	relajarse	entspannen
remember	rappeller	recordar	erinnern
restaurant	restaurant,le	restaurante	Restaurant
right	raison (avoir)	correcto/der.	richtig
road	rue,la	calle	Strasse
room	chambre,la	cuarto/habit.	Zimmer
sales	ventes, les	venta/saldo	Verkäufe

Saturday	Samedi,le	sábado	Samstag
save	sauver	salvar	sparen
say	dire	decir	sagen
see	voir	ver	sehen
sell	vendre	vender	verkaufen
September	Septembre	septiembre	September
serve	servir	servir	bedienen
service	service	servicio	Dienst
seven	sept,le	siete	sieben
seventy	soixantedix	setenta	siebzig
she	elle	ella	sie
short	court	corto	kurz
should	devoir	deber	sollen
sick	malade	enfermo	krank
Sir	Monsieur	Señor	Mein Herr
sister	soeur,la	hermana	Schwester
sit	s'asseoir	sentar	sitzen
sit down	être assis	sentarse	sich setzen
six	six	seis	sechs
sixty	soixante	sesenta	sechzig
sky	ciel,le	cielo	Himmel
sleep	domiir	domiir	schlafen
small	petit	pequeño/chiqu.	kein
smoke	fumer	fumar	rauchen
snack	snack,le	snack	Imbiss
some	quelques	unos/poco de	etwas
somebody	quelqu'un	alguno	jemand
something	quelquechose	algo	etwas
sometimes	quelquefois	algún tiempo	manchmal
son	fil,le	hijo	Sohn
sorry	dommage	lo siento	Verzeihung
soup	potage,le	sopa	Suppe
speak	paleer	hablar	sprechen
spend	dépenser	gastar	ausgeben
spoon	cuillère,la	cuchara	Löffel
stand up	se lever	pararse	aufstehen
station	gare,la	estación	Banhhof

stay	rester	quedarse	bleiben
stool	banc,le	taburete	Stuhl
sugar	sucre,le	azúcar	Zucker
summer	été,le	verano	Sommer
sun	soleil,le	sol	Sonne
Sunday	Dimanche,le	domingo	Sonntag
sweet(pud.)	dessert,le	dulce/postre	Süßspeise
table	table,la	mesa	Tisch
take	prendre	tomar/llevar	nehmen
talk	paleer	hablar	sprechen
talkers	bavards,les	habladores	Schwätzer
taxi	taxi,le	taxi	Taxi
tea	the,le	té	Tee
téléphone	téléphone,le	teléfono	Telefon
tense	temps,le	tiempo	Zeitform
ten	dix	diez	zehn
terrible	terrible	terrible	schrecklich
thank you	merci	gracias	danke
that	la/cela/que	ese/aquel/cual	jener/jene/jenes
the	le/la	el/la/los/las	der/die/das
their	leur	su	ihr
them	eux	ellos/ellas	sie
themselves	euxmêmes	ellas/ellos	sie selbst
there	là	allí	dort/da
they	ils	ellos/ellas	sie
this	ce/cet	este/esta	dieser
thin	mince	delgado	dünn
thing	chose,la	cosa	Ding
thirsty	avoir soif	tener sed	durstig
thirty	trente	treinta	dreissig
thousand	mille	mil	tausend
three	trois	tres	drei
threeqtr.	troisquarts	tres cuartos	dreiviertel
Thursday	Jeudi	jueves	Donnerstag
ticket	billet,le	boleto/billete	Karte
time	heure,la	tiempo/vez	Zeit, die
tip	pourboire,le	propina	Trinkgeld

tired	fatigué	cansado	müde
to	à	para/a	nach
today	aujourd'hui	hoy	heute
tomorrow	demain	mañana	morgen
too much	trop	demasiado	zu viel
train	train,le	tren	Zug
travel	voyager	viajar	reisen
Tuesday	Mardi	martes	Dienstag
twelve	douze	doce	zwölf
twenty	vingt	veinte	zwanzig
two	deux	dos	zwei
under	sous	debajo/bajo	unter
up	en haut	arriba	oben
us	nous	nos/nosotros	uns
vegetables	légumes,les	legumbres	Gemüse
wait	attendre	esperar	warten
waiter	garçon,le	camarero	Kellner
walk	marcher	caminar/pasear	spazieren
want	vouloir	querer	wollen
waste(n)	gaspillage,le	desgaste	Abfall
we	nous	nosotros	wir
weather	temps,le	tiempo	Wetter
Wednesday	Mercredi	miércoles	Mittwoch
week	semaine,la	semana	Woche
wet	pluvieux	húmedo/mojado	nass
what?	quel/quoi?	qué?	was?
what time?	quelle heure?	qué hora?	wie spät.ist es?
when?	quand?	cuándo?	wann?
where	où?	dónde?	wo?
white	blanc	blanco	weiss
who?	qui?	quién?	wer?
wife	femme,la	esposa	Ehefrau
win	gagner	ganar	gewinnen
wine	vin,le	vino	Wein
winter	hiver,le	invierno	Winter
woman	femme,la	mujer	Frau
work	travail,le	trabajo	arbeiten

worse	pire	peor	schlechter
worst,the	le pire	el/lo peor	schlechteste
write	écrire	escribir	schreiben
wrong	avoir tort	falso/equiv.	falsch
year	année,la	año	Jahr
yes	oui	sí	ja
yes but	oui mais	si, pero	ja, aber
yesterday	hier	ayer	gestern
you (nom.)	vous	usted/ustedes	Sie
you (acc.)	vous	usted	Sie
young	jeune	joven	jung
your	votre	su	Ihr
yourself	vous-même	usted	Sie selbst
yourselves	vous-mêmes	ustedes	Sie selbst
zero	zero	cero	null

THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge ... chat and associate ... with a natural speaker)

1. A/an YOUN	2. After APRE	3. Again ANKO	4. All TOU	5. Almost PRESK
6. Also AUSI	7. Always TUOUJOU	8. And E	9. Because PASKE	10. Before AVAN
11. Big GWO	12. But MAI	13. I can M KAPAB	14. I come M VINI	15. Either/or OU/OU
16. I find M TROUVE	17. First PREMIE	18. For POU	19. Friend ZANMI	20. From DE
21. I go M ALE	22. Good BON	23. Goodbye BABAY	24. Happy KONTEN	25. I have M GEN
26. He LI	27. Hello BONJOU	28. Here ISIT	29. How KOMAN	30. I MWEN/M
31. I am MWEN/M	32. If SI	33. In NAN	34. I know M KONN	35. Last DENIE
36. I like M EME	37. Little PITIT	38. I love M EME	39. I make M FE	40. Many ANPIL
41. One YOUN	42. More ANKO	43. Most ANPIL	44. Much ...M	45. My PA'M
46. New NOUVO	47. No NON	48. Not PA	49. Now KOUNIELA	50. Of DE

51. Often SOUVEN	52. On SON	53. One YOUN	54. Only SELEMAN	55. Or OU
56. Other LOT	57. Our PA NOU	58. Out DEYO	59. Over EN 'O	60. People MOUN
61. Place KOTE	62. Please SOUPLE	63. Same MEM	64. I see M WE	65. She LI/L
66. So DON	67. Some TI-KAL/TI-TAK	68. Sometimes PAFWA	69. Still ANKO	70. Such BAGAY KOM'SA
71. I tell M DI	72. Thank you MESI	73. That SA/KE	74. The ... LA	75. Their PAYO
76. Them YO/Y	77. Then ALO	78. There is GEN	79. They YO/Y	80. Thing BAGAY
81. I think M PENSE	82. This SA	83. Time TAN/ L'E	84. To NAN	85. Under ANBA
86. Up EN'WO	87. Us NOU	88. I use M UTILIZE	89. Very ANPIL	90. We NOU
91. What KI SA	92. When KI LE	93. Where KI KOTE	94. Which KI	95. Who KI
96. Why POU KI	97. With AVEK	98. Yes WI	99. You OU/NOU	100. Your OU/NOU

APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM

1. After the one day CRE, make a special 30-minute APS audio tape recording of all the material that you want to absorb into your long term memory, as follows:
 - a. Speak with gentle persuasive tone. This encourages perception and retention without effort.
 - b. Speak only for about 8 seconds ... pause for about 4 seconds continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress,
 - c. Add seven key learning points which were important to you! Thus provides "associations" in your mind for the new learning.
2. The NEXT DAY, relax and playback the tape (using ear phones) while watching some interesting TV show WITHOUT audio e.g. a football match or other a sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just to relax and gently give all attention to the TV show. Relax and let your mind absorb the data WITHOUT ANY CONSCIOUS EFFORT at all.
3. Play this once more.
4. Finally on the FOLLOWING DAY, do IRT (relax), and playback the tape (with ear phones) while gently viewing and repeating the text material (hear, see, say and feel).
5. Adapt APS to your special needs and personality. Use it for any new material that you want to absorb without stress or effort. And please remember to email feedback and new creative ideas to our Team at www.crelearning.com. So, and from now on - relax and remember!!